

Pandemic Flu and You



Preparing Your Family

Now is the time to prepare for a pandemic flu. Even if a pandemic flu doesn't happen, this preparation will prove useful in the event of other disasters like hurricanes and ice storms. Whether it is pandemic flu or a storm, your world may be seriously disrupted. Grocery stores and drug stores may be closed or short of supplies. You and your family need to be ready. Here's a check list to help you get ready and avoid a last minute rush.

Store Enough Food and Water for Two Weeks

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Have a two week supply of food and water on hand. Set aside one gallon of water a day for each person in your household. Stock things like canned meat and powdered milk. The list on the back of this announcement has good ideas about food you can store for you and your family.

Obtain Needed Medications

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	If you or a family member takes regular prescription drugs, make sure you have at least one extra month's worth of the prescription. If your insurance will not agree to cover the extra supply, you may need to pay out-of-pocket. Talk with your doctor or insurance company about how to arrange this. You don't want to run out of a necessary drug when supplies may be disrupted or drug stores closed. This includes medications for diabetes and other life-saving medications. A disaster is stressful for everybody and taking care of your family's health is top priority.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Have a first aid kit on hand which includes pain relievers, stomach remedies and cough and cold medicine. The checklist on the back of this announcement gives good ideas about medicines you should have on hand.

Prepare Other Emergency Supplies

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Think now about what you will do if power is disrupted or if other emergency issues arise. Always have an emergency supply of cash on hand, so you won't have to rely on an ATM. A list on the back of this checklist includes other items you may need.

Plan for Your Pet

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pets are a vital part of many households. Make sure that you have two weeks supply of food and water on hand for them as well as their rabies/immunization records, leash and identification tags.

Talk It Over

Completed	In Progress	Not Started	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sit down now and talk with your loved ones, especially the ones who don't live with you, about how they will be cared for in the event of a pandemic.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Decide who will take care of children if schools are closed.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Think about how you would care for people in your family who have disabilities if support services are not available.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Make sure that you have plans in place to assure that your loved ones are taken care of in the event of a pandemic. For general preparedness, agree on a point of contact where all family members can check-in if you are separated during any emergency. The effects of a pandemic can be lessened if you prepare ahead of time.
			Preparing for a disaster will help bring peace of mind and confidence to deal with a pandemic.

Examples of food and non-perishables	Examples of medical, health, and emergency supplies
Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups	Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
Protein or fruit bars	Soap and water, or alcohol-based (60-95%) hand wash
Dry cereal or granola	Medicines for fever, such as acetaminophen or ibuprofen
Peanut butter or nuts	Thermometer
Dried fruit	Anti-diarrheal medication
Crackers	Vitamins
Canned juices	Fluids with electrolytes
Bottled water	Cleansing agent/soap
Canned or jarred baby food and formula	Flashlight
Pet food	Batteries
Other non-perishable items	Portable radio
	Manual can opener
	Garbage bags